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Tuesday, February 21, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

ANGELINA OPENS UP

The actress discusses her painful split with Brad Pitt. 22



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TRUMPETING RESISTANCE

Protesters rally nationwide for 'Not My President's Day.' 4

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RUSSIA: TRUMP DOESN'T UNDERSTAND PUTIN

A dossier ordered by the Kremlin on President Donald Trump has called him "naïve," saying the billionaire businessman "doesn't understand fully" Russian President Vladimir Putin. The report on Trump's psychological makeup is being prepared for Putin ahead of his first meeting with Trump, the date of which has yet to be announced, NBC News reported. Retired diplo-



members of Russia's government believe Trump views the presidency as a business.

ALEXIS SACHDEV

mat and members of Putin's staff are putting together the dossier, which also stated that many

WASHINGTON PREPARES FOR N. KOREA TALKS

Preparations are under way to bring senior North Korean officials to the United States for talks with former U.S. officials, the first such meeting in more than five years, The Washington Post reported on Sunday. The talks would be the clearest indication yet that North Korean leader Kim Jong Un wants to communicate with the new Trump administration.

Planning for the "Track 1.5 talks" is still in a preparatory stage, the Post reported, citing multiple people with knowledge of the arrangements. That name, reflecting planned contact between former U.S. officials and current North Korean ones, is a reference to what are known as "Track 2" talks involving former officials on both sides.

REUTERS

TRUMP PICKS MCMASTER TOP SECURITY ADVISER

President Donald Trump on Monday named Lt. Gen. Herbert Raymond McMaster as his new national security adviser, again turning to the U.S. military to play a central role on his foreign policy team. McMaster is a highly regarded military tactician and strategic thinker, but his selection surprised some observers who wondered how the officer, who is known for questioning author-



ity, would deal with a White House that has not welcomed criticism. "He is highly respected by everybody in the military and we're very honored to have him," Trump told reporters in West Palm Beach where he spent the weekend. "He's a man of tremendous talent and tremendous experience." REUTERS



OSCAR GOLD

Scenic artist Dena D'Angelo paints Oscar statues as preparations get underway for the 89th Annual Academy Awards on Monday in Hollywood, California. GETTY IMAGES

5
THINGS YOU
NEED TO KNOW

TRUMP PROTEST OUTSIDE UK PARLIAMENT

Thousands of Donald Trump's opponents gathered outside the British parliament on Monday to protest against a planned state visit while lawmakers debated whether the new U.S. president should be given a lavish meeting with Queen Elizabeth. Britain invited Trump to visit later this year as Prime Minister Theresa May's government seeks to reaffirm the so-called "special

relationship" with the United States and secure a trade deal as it prepares to leave the European Union. The planned visit, announced just hours before Trump signed a controversial executive order on immigration, has crystallized opposition in Britain, spurring 1.8 million people to sign a petition saying he should not be afforded the honor of a state visit because it could embarrass the Queen. REUTERS

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MATT PRIGGE, NATIONAL FILM EDITOR

Do you have "superhero movie fatigue"? So do we. We find that, however delightful movies like "Ant-Man" or "Doctor Strange" are in spots, the Marvel Cinematic Universe has become a tangled mess of too many characters, too much plot and little more than lots of stuff happening. With the unusual "Logan" coming out Friday, we look at how the comic book movie trend isn't going to change for real anytime soon.

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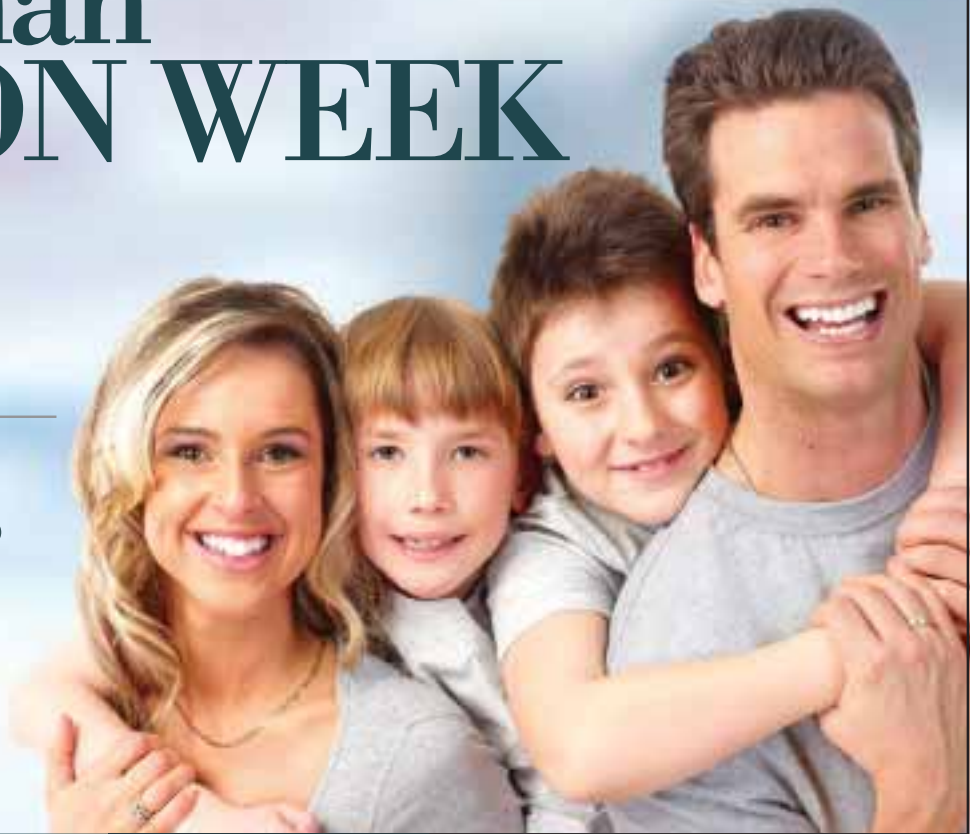
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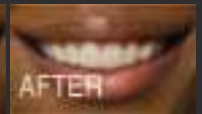
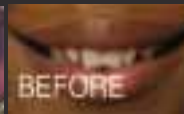
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Demonstrators march against the immigration policies of President Donald Trump and other issues. ALL IMAGES COURTESY GETTY IMAGES

‘Not My President’s Day’: Thousands rally in Columbus Circle, 28 US cities

The rally marks the fourth straight day of anti-Trump protesting in New York City.

Yet another nationwide protest against President Donald Trump flared on the Presidents Day holiday Monday, with angry people taking to the streets in dozens of cities in “Not My President’s Day” rallies.

Protest leaders had said they expected thousands to rally in about 28 cities ranging from Los Angeles and Chicago to Grand Rapids, Michigan, in the latest round of demonstrations to express displeasure with Trump’s policies and pronouncements.

In New York, thousands of protesters stretching at least eight blocks chanted “He cheats, he lies, open up your eyes” near the Trump International Hotel on the edge of Central Park.

“I think he’s got a mean personality,” said marcher Edith Cresmer, a 78-year-old urban planner. “But the worst thing about him is how he incited peoples’ fears and pits them against each other.”

Luis Llobera, 38, and his wife and baby took a train from Westchester County north of the city to attend the rally.

“We are not American citizens but our son is,” he said as his wife cradled their 7-month-old, Atlas.

“We want to make sure our son has a government that is right and good.”

Organizers of the New York rally said they opposed the Trump agenda, including proposed cuts in federal spending and construction of a wall along the border with Mexico.

“Donald Trump is literally our president, but figuratively, he has attacked every value New Yorkers embody and does not represent our interests,” organizers said on Facebook.

The idea for the Presidents Day protests originated in Los Angeles, where about 4,300 people had said on Facebook they would attend a City Hall rally, according to organizers, and it spread to other locales via social media.

In downtown Chicago, about 1,200 people gathered across the Chicago River from the Trump International Hotel and Tower. Signs spotted in the crowd included “My Body My Choice” and “Jesus was a refugee,” references to Trump’s anti-abortion stance and his efforts to stop admission of refugees.

As people gathered, a group of 25 local musicians called themselves #SAHBRA, “Sousaphones Against Hate, Baritones Resisting Aggression,” played songs to lighten the mood.

With Monday being a day off for many schools, many parents brought their children to the protest.

Eileen Molony, a photographer from Oak Park, had her 12-year-old son and 9-year old daughter in tow.

“As an immigrant family we feel strongly against the ban,” she said. “We feel America is about inclusion, but everything Trump has shown is that he’s about division.”

Chicago police reported no arrests at the rally, the latest in a series since Trump’s Jan. 20 inauguration.

Recent anti-Trump protests have included a “general strike” on Friday, a day after thousands of immigrants across the United States stayed away from work and school to highlight the contributions of foreign-born residents to the economy.

REUTERS



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APR 30	Gary Sanchez Bobblehead Day AT&T - 1 st 18,000 Guests	JUL 29	Military Appreciation Day - Yankees Camo Cap Day Budweiser - 1 st 18,000 Guests 21 & older
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TRUMP'S AMERICA

I AM AN ENEMY OF THE PEOPLE

ELLIS HENICAN

Opinion

Ellis Henican is a seasoned observer of the nation's political and social landscape. He has appeared as a commentator on CNN, MSNBC and Fox News. He is a former columnist at Newsday. Follow him @henican



You got me, Donald. I confess. I am an enemy of the people — some of the people, that is.

I'm an enemy of the ones who think that facts are made of Silly Putty, that insults are a way to make friends, that immigrants make our country weaker, that judges are only "so-called," that Sweden's the latest terror tragedy and that Russian's thuggish Vladimir Putin is a really, really swell guy.

Yes, I'm definitely an enemy of them.

Like most of us in what Donald Trump relishes in terming the "fake news media," I'm a call-'em-like-I-see-'em type, someone who will never sit silently and allow a pandering politician to award himself straight A's.

"A well-oiled machine?" More like a demolition derby — and Donald's blindly driving all the cars.

The reason we won't stay silent is a simple

one, and the First Amendment to the Constitution is only part of it. There's a more practical part: We know how to tell the truth, and he doesn't. The way things are going one month in, we "enemies of the American people" will never get to rest.

So much happened this weekend, two days wasn't nearly enough to hold it all. We had to add a third one, which people immediately began calling Not My President's Day. At rallies across America, in Europe and beyond, people had a much-needed chance to review: The president's "enemies" crack.

The "terrorist" refugees in Sweden. Vice President Mike Pence's Please-Don't-Listen-to-Donald speech at the NATO summit in Munich. A new general, in as national security adviser, replacing the Russia-loving Mike Flynn. The giant sigh of relief that über-hawk John Bolton didn't land that important job, then a gasp when Trump promised to find him another.

As with Memorial Day, you couldn't say Happy Not My President's Day. This first national holiday of the Trump administration was something to commemorate more than celebrate.

Taken together, the crowds at the anti-Trump rallies were far larger than the one that gathered for a Trump campaign pep rally on Saturday in Melbourne, Florida. And with each loud cheer, the "enemies list" grew a few names longer.

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Wanted: Pet sitters, not teachers

Over the next decade, spending money on education will slow, while spending on anything pet-related will grow, according to a new study from the Conference Board.

The New York-based company released a consumer report that predicts education spending will grow just 2 percent by 2025. Pet industries, however, will surge 8 percent.

The amount of students between ages 5 and 24 will not see much of a bump over the next decade. Part of the driving factor for that is the drop in fertility rates during the Great Recession, which occurred between 2007

and 2009.

The pet industry's growth is due to many millennials opting to have furkids over two-legged ones — or neither. Boomers looking to fill empty nests with the pitter-patter of four paws are expected to play a role as well.

"Dogs are the millennial baby," 30-year-old West Village resident Mary Clapp told the New York Post.

"My focus is on a promotion — not marriage or a baby," said Sara Levenson, 28, of Hoboken, New Jersey.

According to the study, health-related industries will see the biggest growth by 2025, with 15 percent

of spending expected "among the oldest households," said Gad Levanon, one of the study's authors and Conference Board's chief economist in North America. Long-term care will likely see a 20 to 25 percent growth, he added.

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Square Roots farmers are growing crops in steel shipping containers. CHRISTIE LITTLE

Urban farmers parking lot in

Square Roots farmers grow crops in 10 steel shipping containers converted into hydroponic farms.



ERIC GIRARD
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Square Roots first broke ground by financing and mentoring local entrepreneurs who are growing tasty, nutritious greens in, of all places, a Brooklyn parking lot. Now it's taking things a step further — right to your New York City office.

Lunch, anyone?

The new "Farm to Local, by Square Roots" initiative delivers snack-size bags of salad greens to workplaces. It already has subscribers at Vice Media and Kickstarter, said Square Roots CEO and cofounder Tobias Peggs.

"Your farmer will literally come to your desk and drop off" same-day-harvested greens," he said.

These farms aren't your traditional sprawling upstate acreage tended

by laborers or a guy on a tractor in bib overalls. Set up near where Jay Z grew up, they're 10 steel shipping containers converted into hydroponic vertical farms, meaning crops grow in tower formation with recycled water and without soil.

Inside the LED-lit modular containers are rows of panels sprouting pesticide-free plants in a controlled climate — so freezing temperatures and snow pose no problem. Each container produces an annual harvest equivalent to an estimated two acres of land.

Square Roots raised seed financing to build the campus, which cost more than \$100,000. Then, 10 young farmers were chosen from more than 500 applicants for a yearlong stint that started in November.

One of them is Electra Jarvis, 27, an Alphabet City resident who grows kale, mustard greens and Salanova lettuce and is working on cilantro.

"At farmers markets, people are always impressed with the shelf-life and the taste," said Jarvis, who had been a master's

"Your farmer will literally come to your desk and drop off same-day-harvested greens."

Tobias Peggs



grow crops in Brooklyn

student in sustainable environmental systems at Pratt Institute and interned with a hydroponic research and development company and an urban farming consulting firm.

The farmers work about 30 hours per week, splitting their time between working on the crops and sales, Peggs said.

"They build a big network of mentors and learn how to build a sustainable business," said Peggs, whose background is in technology. "Then they are in an incredible position to go off on their own entrepreneurial journey."

Germination of the idea

Peggs, 44, arrived in the U.S. in 2003 from the United Kingdom. A few years later, he met Kimbal Musk (whose brother is the entrepreneur Elon Musk). Musk, a chef, had cooked for firefighters at ground zero after 9/11. "That's when he began to see the power of real food and its ability to strengthen communities," Peggs said.

Tour and Tasting

To request Farm to Local deliveries at work, sign up at squarerootsgrow.com, or visit the farms, 630 Flushing Ave., Brooklyn, for a tour and tasting to celebrate the launch at 5:30 p.m. today.

Peggs and Musk worked together in social media analytics until Musk broke his neck in a skiing accident and, "realizing life can be short," shifted his focus to The Kitchen, a farm-to-table restaurant group that started in Colorado, Peggs said. In 2014, the duo began developing the idea for Square Roots. "What we saw was that millions of people, especially in our biggest cities, were at the mercy of industrial food," Peggs said. "This is high-calorie, low-nutrient food, shipped in from thousands of miles away. The results are awful, from childhood obesity to adult diabetes to a total loss of community around food."

Square Roots aims to expand to 20 metropolitan areas by 2020.



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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By **NY Pain MD**

NY Pain MD is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other joint arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1

Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make **natural** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be **EXTREMELY PRECISE**. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at **NY Pain MD** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why **NY Pain MD** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at **NY Pain MD** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at **NY Pain MD** have found that earlier you start viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why **NY Pain MD** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indicate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to

significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

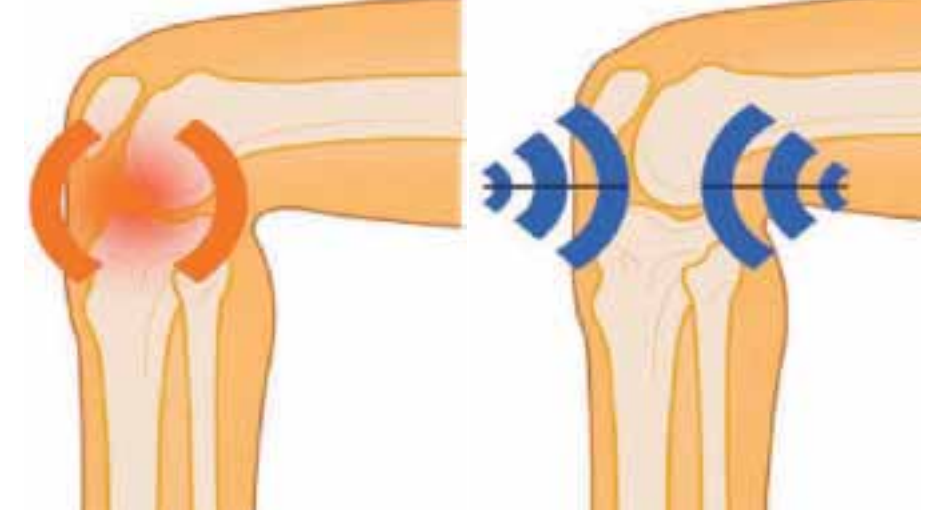
RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

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NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

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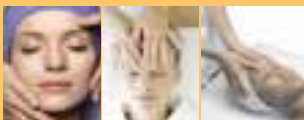


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WEATHER TALK



Is winter over?

That seems to be the question, at least from the general din of a few recent evenings' worth of chatter here in the city. So, am I ready to leave all my chips on the table, risk ridicule and reputation and make a wishful declaration? Can I reject and repudiate the great rascal himself, Punxsutawney Phil, and his gloomy proclamations of a drawn-out winter?

Well, to start, let's simply look around us. We've just wrapped a Presidents Day weekend that included record-breaking warmth on Sunday. After a seasonably cold night tonight, highs will remain well above average this week. So winter has, at least, been interrupted.

The longer it's interrupted, the stronger and fresher any arctic air mass would have to be to really sink temperatures. And that's all about the sun. Astronomically, we've turned a corner: isn't the sun noticeably bright and strong? Today, it's as high in the sky



Watching the sun reflect off the 432 Park Avenue building from Central Park. GETTY IMAGES

The week ahead

Today: Clouding up, chance of a shower this evening. High 48.

Tomorrow: Mainly sunny, warmer. High 60.

Thursday: Partly sunny, warm. High 70.

Friday: Partly to mostly cloudy. Chance of light rain. High 65.

Saturday: Mild with showers likely. High 63.

Sunday: Partly cloudy, windy and cooler. High 46.

at its peak as it is on October 18, slightly more than halfway to its highest point in the sky at the summer solstice.

We have a weakening El Niño, lots of recent warm air intrusions over an Arctic Ocean already at record low ice levels, and other factors. While there are chances for some snow late this month and early March — with the core of the cold dropping into the Midwest, and major storms arriving just in time for warming, signaling rain.

So, I'll hedge a bit: the worst of winter is behind us, but March won't feature lots of T's-and-shades days, either.

Michael Friedmann, a New York-area meteorologist, can currently be seen on metropolitan area cable news on weekends. Follow him on Twitter at [Twitter.com/weathertalk](https://twitter.com/weathertalk).

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OPINION



**KIMBERLY
M. AQUILINA**
@KimESTAqui

Continuing my search for sleep, I tried melatonin. I tried sunlamps on timers upon waking. I tried yoga, tying my worries to imaginary balloon strings and letting the balloons lift my mental woes away. I tried various chemical methods, including a suggestion by a friend to drink a glass of red wine really fast and then lie down. (She is not a doctor.)

Therapy has helped

and, at the risk of going all “Valley of the Dolls,” I tried Xanax, Ativan and even the mother of all sleeping pills, Ambien.

The trick with Ambien is to take it and lie down immediately so you’re asleep before the hypnotic effect takes place, but when washing your face and getting into PJs makes you anxious every night, you might “out awake” your pretty little pill much like I did and discover — upon waking — that the chicken nuggets you were going to take to work for lunch are mysteriously missing from the refrigerator.

A few years ago, I found myself taking a 3 a.m. jog — in my nightgown — through the Upper East Side. If you know me, you know there could be a rabid Doberman behind me and I wouldn’t run. Cujo could be ready to pounce and laziness would overtake my fight or flight response and my “OK, dog. You got me,” response would win.

And when the doctor says, “No alcohol with Ambien,” believe it. Remember my friend (the one who isn’t a doctor)? Let’s just say allegedly drinking a glass of red while on Ambien only makes you

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While on some hypnotic sleep medications, you can walk, talk, eat drink, have sex. ... You just might not remember it the next day. **ISTOCK**

forget you drank that glass so you (allegedly) pour another. Or so I've been told.

There are other options for those of us

who have a hard time switching our brains off and none of them involve a 3 a.m. pajama-clad run.

Next week, we'll

talk hypnosis. I tried a pocket watch-less session with a hypnotherapist in Manhattan. Did it work? Check back next Tuesday!



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Russia's UN envoy Churkin dies suddenly in New York City

Vladimir Putin was deeply upset by the news and had greatly valued Churkin's professionalism and diplomatic talent.

Russia's combative ambassador to the United Nations, Vitaly Churkin, died suddenly in New York on Monday after being taken ill at work, the Russian Foreign Ministry said.

The ministry gave no details on the circumstances of his death but offered condolences to his relatives and said the diplomat had died one day before his 65th birthday.

It declined to comment on reports that Churkin had been taken to a hospital shortly before his death.

A U.S. government official, who was not authorized to speak publicly on

the case, said that Churkin had died of an apparent heart attack.

A federal law enforcement official, also speaking on condition of anonymity, said that there appeared to be nothing unusual about the ambassador's death.

The New York Post quoted unnamed sources as saying Churkin had been rushed to a Manhattan hospital from the Russian embassy after falling ill with a cardiac condition.

Russia's Tass news agency quoted Churkin's deputy, Pyotr Ilyichev, as saying: "The loss sustained by Russia is grave and irreplaceable."

"Ambassador Churkin remained at his work post until the last minute. He devoted his whole life to defending the interests of Russia and was to be found on the very front



Russian Ambassador to the United Nations Vitaly Churkin GETTY IMAGES

lines and in the most stressful posts."

Foreign ministry spokeswoman Maria Zakharova said on Facebook: "Great diplomat. Extraordinary personality. Colorful man."

Churkin was a pugnacious defender of Russian policy, notably its intensive bombing of the Syrian city of Aleppo last year to crush rebels opposed to President Bashar al-Assad.

"In my short time at the United Nations, Ambassador Vitaly Churkin showed himself to be a gracious colleague."

Nikki Haley, the U.S. ambassador to the world body

When then-U.S. envoy to the United Nations, Samantha Power, accused Syria, Russia and Iran last year of bearing responsibility for atrocities there, Churkin said she was forgetting the United States' own track record in the Middle East.

"The weirdest speech to me was the one by the U.S. representative who built her statement as if she is Mother Teresa her-

self. Please, remember which country you represent. Please, remember the track record of your country," he said.

Farhan Haq, deputy spokesman for the U.N. secretary-general's office, on Monday said: "He has been such a regular presence here that I am actually quite stunned. Our thoughts go to his family, to his friends and to his government." REUTERS

RELIGION & ART

Vatican and Rome's Jewish community to host landmark menorah exhibition

The Vatican and Rome's Jewish museum will jointly host an unprecedented exhibition on the menorah, the ancient symbol of Judaism, and try to put to rest legends on the fate of one candelabra missing for 15 centuries.

The May 15-July 23 exhibition will be held simultaneously in St. Peter's Square and in the Rome synagogue complex.

It will include about 130 menorah or depictions of them in paintings, ancient gravestones and sculptures, and medieval and Renaissance illustrations and manuscripts.

Nearly 20 world museums have contributed pieces.

"It will be significant from both the religious as well as the historical aspects," said Barbara Jatta, who last month became the first woman to head the Vatican Museums.

But the absolute star of the show, the solid gold menorah taken as a trophy by the Romans when they destroyed the temple in Jerusalem in the year A.D. 70, won't be there. Its fate has been a mystery for 1,500 years and the temple vessel has become the stuff of legends. REUTERS

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Presenters: Anna Cantor, MA, MS, CGC;
Jessica Martineau, MS, CGC.

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Info: This lecture is free and open to the public, but you must RSVP. To attend, call 212.263.2266 or visit nyulangone.org/cancerrsvp. View past lectures at youtube.com/nyulmc.

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France's 'Spiderman' jailed for 8 years for \$106 million art heist

A criminal known as "Spiderman" was jailed for eight years on Monday for stealing five paintings worth 100 million euros (\$106 million) from a Paris museum.

Vjeran Tomic, 49, told investigators he broke into the Musee d'Art Moderne in May 2010 intending to take works by Fernand Leger and Amedeo Modigliani.

When he entered the premises, he found there was no alarm system worth speaking off and he widened his haul to include paintings by Pablo Picasso, Henri Matisse and Georges Braque.

Investigators later established the security system was indeed defective.

Tomic already had 14 convictions for jewelry



Vjeran Tomic, who has been convicted in the case of the 2010 theft of five masterpieces from the Paris Modern Art Museum, arrives to his trial on Jan. 30 at a courthouse in Paris. GETTY IMAGES

and art thefts, many of them involving agility in scaling walls to break into apartments — a record which had earned him the underworld nickname of Spiderman.

Two other men, antiquarian Jean-Michel Corvez and Yonathan Birn, a dealer in clocks, were sentenced to seven years and six years, respectively, for handling the paintings.

The three men were handed hefty fines —

200,000 euros for Tomic and 150,000 euros for the others.

They were also collectively ordered to pay back the total value of the paintings — put at 104 million euros — to the city of Paris.

Birn said during the trial that he had thrown the paintings away. None has been recovered and investigators appear to believe they are no longer in France.

REUTERS

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Lincoln, Washington, FDR ranked top three presidents, Obama 12th

Abraham Lincoln, George Washington and Franklin D. Roosevelt were ranked as the top three U.S. presidents in history, in that order, while Barack Obama entered the rankings in the 12th spot, based on a survey of historians.

Theodore Roosevelt and Dwight Eisenhower rounded out the top five of 43 presidents in U.S. history, a survey of historians' rankings of presidential leadership found.

It was the third such survey released by the C-SPAN television network ahead of the Presidents Day weekend.

"Once again the big three are Lincoln, Washington and FDR — as it should be. That Obama came in at number 12



Abraham Lincoln
STOCK MONTAGE/GETTY IMAGES

his first time out is quite impressive," said Douglas Brinkley, a history professor at Rice University, in a statement by C-SPAN.

The survey, which was held twice before in 2000 and 2009, asked 91 presidential historians to rank the 43 former presidents based on 10 attributes of leadership.

Obama, who left office in January with favorable approval ratings after

serving eight years, was ranked third in the "pursued equal justice of all" category and 39th in the "relations with congress" category.

"One would have thought that former President Obama's favorable rating when he left office would have translated into a higher ranking," said Edna Greene Medford, a history professor at Howard University. "But, of course, historians prefer to view the past from a distance, and only time will reveal his legacy."

Andrew Johnson, Franklin Pierce and James Buchanan were ranked as the worst presidents in U.S. history, even lower than William Henry Harrison, who served for only one month. **REUTERS**

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Angelina Jolie finally breaks her silence about Brad Pitt

On Sunday, BBC World News released an interview with Angelina Jolie from Cambodia, and the actress-slash-philanthropist-slash-really-chill-lady opened up about her life, her family and — oh, yeah! — her messy divorce from Brad Pitt.

According to People, Jolie revealed in the interview that this has been a trying time for her family. When asked

about the split, she said, "I don't want to say very much about that, except to say it was a very difficult time and ... and we are a family and we will always be a family, and we will get through this time and hopefully be a stronger family for it."

The 41-year-old was in Cambodia promoting her latest directorial effort, "First They Killed My Father."



Lindsay Lohan would love a role in a live-action 'Little Mermaid,' please

After scrubbing her Instagram of all photos for no particular reason, Lindsay Lohan is back! And she's ready for her next role.

Lohan posted a selfie next to an image of Ariel from Disney's "The Little Mermaid" that has everyone wondering: Why did she do that, exactly?

Lohan has since edited the post, which originally read: "I will sing again, as #ariel #thelittlemermaid [if] @Disney approve that

#billcondon directs it." She really has a handle on those hashtags, huh?

So she wants to star in a live-action "Little Mermaid" film. Crazier things have happened. You

have to admit that the former child actress and the cartoon princess have a strikingly similar look, and actually? A whole lot in common. I mean, Ariel is a hoarder with a short attention span and a variety of questionable friends. And Lindsay Lohan is ... herself.



Priscilla Presley cares for Lisa Marie's daughters amid scandal

Priscilla Presley has confirmed that her twin granddaughters, Finley and Harper, are in her custody.

Rumors swirled that the girls, aged 8, had been put into foster care, but Priscilla took to Facebook to clear things up. "There is lots of confusion, commotion and concern from all the talk circulating," she wrote. "Let me put this to rest ... the girls have not been in foster care and never will be. The girls have been with me and will be until all this is sorted out."

The news comes as their father faces child-

abuse accusations.

The girls' mother, Lisa Marie Presley, claimed that she found disturbing photos and videos of children on the computer of her estranged husband, Michael Lockwood. Documents detailing the accusations were filed as part of the couple's ongoing divorce.

The filing makes no mention of why the children were allegedly taken from the custody of both parents in the first place.

Here's hoping that this awful situation is resolved sooner rather than later.



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What it's like to be punched by Ice Cube (on accident)

Charlie Day got a couple bruises making the new comedy "Fist Fight."



MATT PRIGGE
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Charlie Day likes playing smart. He doesn't do it often. Since 2005, he's filed over 100 episodes as Charlie, the dim-wittiest of the four monsters on "It's Always Sunny in Philadelphia." But in "Fist Fight," Day gets to play a teacher. He's no inspirational educator. His school has long been plagued by crippling cutbacks, the kids are all rambunctious, and — worst of all — he pissed

off a colleague (Ice Cube), who's challenged him to an after-school fight.

So, what's it like being punched by Ice Cube, or at least fake-movie-punched?

It's surreal! I'm a huge fan of Ice Cube, from when he was in NWA and his solo stuff. So it was surreal. And when you get a punch wrong,



GETTY IMAGES



Charlie Day plays a teacher who accidentally pisses off a colleague played by Ice Cube in "Fist Fight." BOB MAHONEY

when it accidentally hits your forearm or something instead of missing you, it really hurts. He's a big guy; he can throw a real punch.

So Ice Cube accidentally punched you in the arm? There

were plenty of times that happened. There were times when our forearms clashed, our knees banged together. Thank God no one got one on the nose by accident. We were both a little black-and-blue in some spots. We shot this over a year ago, and to be honest, my legs still hurt.

You've done stunts, but this is next-level. It was the most physically demanding and exhausting thing I've ever done. My wife was saying,

"You're not allowed to ever do any stunts again." I said, "I don't want to." And we shot it consecutively. We wound up shooting the entire fight in a row because they were worried that the trees were going to lose all their leaves. If we put it off the fight wouldn't match. So it was all day, every day, 12- to 14-hour days of fighting, eight days in a row.

That sounds horrible. Yeah, it was a really bad idea.

Back to school

Tell me about playing a teacher and having to say inspirational things to rooms of kids. It was fun for me. I'm the son of two teachers. I always enjoy when I get to play a character who's ... smart. [Laughs]

You should play more smart characters. You got to play one in "Pacific Rim": an excitable scientist who babbles gobbledygook.

The problem with playing a scientist in a movie where giant monsters are coming out of the sea is learning all that mumbo-jumbo. You have to learn some BS science and know what it means.

So you wouldn't just memorize the words and not know what it means? No, no. I have to give myself a meaning in my head for what each term meant. I had to believe I understood the science behind it. If it's just words, I won't remember them.

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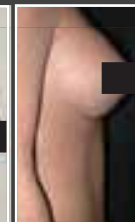
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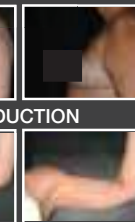
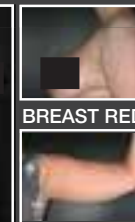
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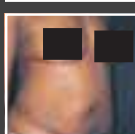
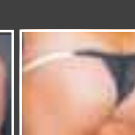
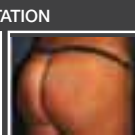
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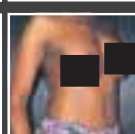
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Nat Wolff and James Franco play union organizers trying to survive 1933 in Franco's adaptation of John Steinbeck's "In Dubious Battle," now on VOD. MOMENTUM PICTURES

Nat Wolff is no James Franco

The actor can't memorize lines the way his "In Dubious Battle" co-star and director can.



MATT PRIGGE
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Nat Wolff and James Franco go back. In 2013 the young actor made waves with his uncontrollable turn in "Palo Alto," based on Franco's short story collection about bored California high schoolers. The two swore they'd work together again, and after some failed projects, they finally have. Wolff co-stars in "In Dubious Battle," based on John Steinbeck's novel and directed by Franco himself. The two play Depression-era union organizers who try to save a pack of California apple pickers being cheated out of their wages by a crooked and murderous capitalist (Robert Duvall).

James Franco is famous for always having his head in

books, even on film sets and even in between takes. How does he handle reading while directing and starring in a movie?

He's crazy. He'll have some 800-page historical novel open on his lap, and he'll be directing and acting. Then he'll have a speech to give, [and they'll have] had to change the day of shooting, so he doesn't have it memorized. He'll look at it for two seconds and he'll have it down. He's a freak of nature.

Can you do anything remotely like that?

For me, acting takes up all my concentration. So I'm blown away by his ability.

It's strange watching "In Dubious Battle" now, with its union uprising and standing up to corrupt powers, all while people outside theaters are protesting. One of my friends saw this

movie and he said there was a line he heard in a Bernie Sanders speech. We're still fighting the exact same issues. When I was driving to interviews today, there were a bunch of people protesting about the Dakota Access Pipeline, fighting for what's right. That's exactly what this movie's about. It was relevant a couple years ago when I signed up, but it's even more relevant now.

All of a sudden we're all activists now.

For some reason my generation has been largely quiet and asleep in a lot of ways, socially and politically. This disaster has woken everyone up a bit. That's probably the only good thing to come out of it. It's starting to affect us. People didn't feel the effects until they were shoved in our faces.

Were you political before this huge mess happened?

I came of age during the Obama years, which was a relatively good time for young people — people that tend to lean left. But it seems this is the first time my generation that we're really engaged. My parents have been through f—ed up times

Junior high school musicals

Wolff wasn't always a name. Back in junior high, he was in a production of "Annie." He didn't play Daddy Warbucks. "I was a bunch of insignificant characters. I didn't get the parts I wanted," the actor recalls. Among them was Bert Healy, the singing radio announcer, FDR and, as it happens, one of the female orphans, because his school had more boys than girls.

"I was kind of show-stopping brilliant — literally show-stoppingly brilliant, because I would improvise and people couldn't remember their lines after I was done," he says. "I think I just needed more attention than I was getting."

— not to this extent, not more than now.

I was in my 20s during the Bush II years, so what's happening isn't completely alien to me. But it's many times worse right now.

I was 12 when Obama got elected, so I wasn't political, I didn't know that much. But it was a good time to become engaged.

Pokemon Go is a whole new game

Notice some new critters in your neighborhood? Last summer's augmented reality hit Pokemon Go just got its biggest update yet, with game developer Niantic finally unleashing Pokemon Go Gen 2 with a bunch of new creatures and features.

collect: Horsea, Poliwhg, Oddish, Slowpoke, Chansey, Zubat, Scyther, Eevee (who's got two new forms!), Onix and Porygon. Check out Apple fansite iMore's extensive guide breaking down everything you need to know about evolving Pokemon.

Start collecting again

Over 80 new Pokemon have been let loose in the wild, drawn from the Pokemon Gold and Silver video games. They bring the current total of catchable Pokemon (we're still waiting for those legendary ones!) to about 230.

Harder to catch

All Pokemon have gained some new moves, like zig-zagging, making for trickier catches. To keep up, trainers got a new trick, too: You can slow down particularly troublesome Pokemon with Nanab Berries. Another new item, Pinap Berries, doubles the amount of candy you get for a successful capture. Both have a small chance to drop from PokeStops.

New evolutions

Hopefully you've been saving your candies, because some first generation Pokemon are getting new forms. This is the fastest way to get powerful new Pokemon if you're into Gym battles, so here are the ones to

A little more luck

For a few of these evolutions, and to upgrade the new Pokemon species, you'll also need an item besides candy. There are five new Evolution Stones that have a chance to drop from PokeStops, but they're pretty rare so expect to do a lot of walking to find them. Tip: Some players say hitting up the same PokeStops daily to build streaks increases your chances.

A new look for you

Pokemon aren't the only ones evolving. Your in-game avatar can finally be customized with new gear including hats, shirts, pants and more. The game's interface was tweaked a bit as well — you can now choose between Pokeballs and candies right on the catch screen.

Best new Pokemon?

There's no definitive word yet on which of the new Pokemon will be best for Gym battles, so you've gotta catch 'em all to find out! EVA KIS



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Heart disease is the leading cause of death for women. Mount Sinai's Dr. Mary Ann McLaughlin gives advice on preventative steps and knowing your risk. ISTOCK

What is women's risk of heart disease?

Amid all the talk this month of matters of the heart, with its figurative breaks and aches, what about the actual, literal organ itself? Apart from Valentine's Day, February also plays host to Heart Health Month.

According to Dr. Mary Ann McLaughlin, associate professor of cardiology at Mount Sinai Health System, "more women die of cardiovascular disease than any other disease, including cancer." We

talked to Dr. McLaughlin about what women need to know to stay on top of their heart health.

How and when should women get tested for heart problems?

Starting at age 20, everyone should have their cholesterol and their blood pressure checked. Depending on those numbers and family history, cholesterol should be checked every five years; blood pressure

should be checked every year. Women who are postmenopausal should talk to their doctors about getting screened, [because] after the estrogen declines, their LDL [harmful] cholesterol levels increase.

What are the best ways to prevent heart problems?

Know what your numbers are. There's so much hidden sugar and salt in pre-packaged and premade

foods, so you have to be careful. Know your blood pressure and your risk for high blood pressure and try to avoid those salty things.

If heart problems run in your family, what can you do to protect yourself?

It's important to make sure your doctor knows it, and maybe see a cardiologist. We can look at more detailed tests.

What are the warning

signs of a heart attack? Women report more of an overwhelming fatigue. Women get the same squeezing sensation in their chest [as men]; sometimes say their bra feels too tight around the chest. Both men and women can [experience] pains down both arms. In the older population, family might say they're not acting like themselves, or having shortness of breath.

What medical interventions would you take in a woman with indicators for heart disease?

You can give them medications like nitroglycerin to dilate the arteries; aspirin to thin the blood; and [certain] meds that can lower the blood pressure.

Is it a good idea to take a baby aspirin daily?

People who have a history of ulcer disease or bleeding problems shouldn't. The benefit of taking aspirin for healthy women really shows up around age 65. In women who have real high risk factors, we can get them to start at a younger age.

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Face forward

New York Fashion Week's fall beauty trends are so good, you'll want to wear them now.

RACHEL RACZKA



Prabal Gurung showcased graphic eyeliner designs for his fall/winter 2017 collection. **ALL PHOTOS GETTY IMAGES**

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by L. Ron Hubbard

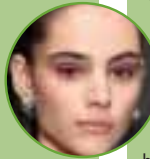
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Say it with your eyes

Bold hues and graphic design once again dominated fall 2017 runways. Prabal Gurung's geometric shapes in pops of bright blue and neon green framed models' bare lid eyes. Oscar de la Renta contrasted society-ready gowns with punky statement eyes. Washes of turquoise or amber covered models' lids, some of which were further layered with sharp hot-pink liner.

Oscar de la Renta's neon lids



Washed out

Thakoon and Public School both incorporated gradient berry-stained pouts, a popular Korean trend that seems to be finally creeping into the States. For Public School, Maybelline New York's Grace Lee has an alternate explanation for the whisper of burgundy left behind: "A girl had on a deep red, but has been out all day and hasn't touched it up." She created the look by smudging a deep red across balm-prepped lips with her finger, before adding a touch of wine lipstick (Maybelline's Midnight Merlot) to the center. *Berry-stained gradient lips at Public School*



How low can you go?

Lazy girls get excited: the low pony is making a strong, chic comeback. Carolina Herrera, Jason Wu and Altuzarra are just some of the shows that models pulled their hair back into low-hanging, sleek ponytails. Call it, our easiest and most favorite hair hack of them all!

Jason Wu's low ponytails are easy to copy at home



Make it matte-r

Put down the strobing set and highlighting cream—fashion is leaning toward a clean, shine-free finish for fall. Models at Brock Collection, Ryan Roche, Victoria Beckham and Michael Kors all looked as flawless, healthy and buffed-dry as the teen star of a Neutrogena ad. Make a note: Diffusing powders are about to become your new best friend.

Clean matte skin dominated Brock Collection



Get crafty

Models at the Jonathan Simkhai show had a single tiny pearl or Swarovski crystal placed in the inner corner of their eyes. At Tadashi Shoji, models channeled Twiggy with sparkling loose glitter above heavily mascaraed lower lashes. And at Christian Siriano, MAC artist Polly Osmond gave models trails of glittering copper tears. Her inspiration: post-apocalyptic glam.

Sparkling lower lashes at Tadashi Shoji



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Biggest trends from NYFW

Here's what you'll be wearing next fall.



TINA CHADHA
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Inclusivity dominated New York Fashion Week. Designers (finally) cast diverse lineups that reflected real women,

meaning models of various ethnicities, sizes and ages walked the runway. Responding to our tense political times, the fashion set also used the spotlight to make political statements galore. There were slogan T-shirts at Prabal Gurung and Christian Siriano, pink pins supporting Planned Parenthood,

a moving speech by the co-chairs of the Women's March at Mara Hoffman and a clever reimagining of Trump's MAGA cap at Public School (the designers' version read "Make America New York").

And amidst the powerful messages, we saw strong collections for fall. Here are the top trends.



REBECCA TAYLOR

Velvet

Hold tight to the velvet pieces you invested in last season. The plush fabric was a designer favorite for fall. "Velvet feels so bold and luxurious," says Rebecca Taylor. "I particularly love printing on velvet. The floral printed velvet jumpsuit we did has an almost optical effect, which feels modern and feminine."

Seen at
Jason Wu
Dion Lee
Altuzarra

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CALVIN KLEIN

Americana

Designers like Raf Simons (for his lauded debut at Calvin Klein) paid homage to the country's sartorial history. Some of their favorites style cues: Western shirts, varsity elements, prairie dresses and, of course, cool denim.

Seen at
Coach 1941
Alexander Wang
Marc Jacobs



CHRISTIAN SIRIANO

Pantsuits

Call it the Hillary Clinton effect — both tailored and billowing pantsuits owned the runway. The future is still female.

Seen at
Victoria Beckham
Alice + Olivia
3.1 Phillip Lim



ROSIE ASSOULIN

Plaid

Go beyond your '90s-inspired flannel. Checks, tartan and gingham were everywhere, and the best looks came head-to-toe in the season's "It" print.

Seen at
Tory Burch
Tracy Reese
Tome



GABRIELA HEARST

Fringe and feathers

Getting ready for a night on the town is going to be anything but basic with designers embellishing skirts and dresses with swinging fringe and opulent feathers.

Seen at
Michael Kors
Marchesa
Creatures of the Wind

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How to cope with Trump-induced anxiety

wellbeing

Some who are experiencing anxiety about Trump's presidency can find relief and community in activism. ALL PHOTOS GETTY IMAGES

What to do when politics sparks a national mental-health crisis.



It's been only a month since Donald Trump's inauguration, but things

are moving quickly. Each day seems to bring an avalanche of extreme executive orders, controversial cabinet appointments and protests that have many Americans feeling emotionally charged and agitated.

Pre-election stress was a widespread (and bipartisan) phenomenon, with

the American Psychological Association reporting more than half of Americans were experiencing election-induced anxiety in the days leading up to Nov. 8. You could call our current plight "postinauguration stress" — but four years of mass high anxiety is not sustainable. Maryland therapist

Steven Stosny, who coined the term "election-stress disorder," now refers to our nation's affliction as "headline-stress disorder."

"For many people, continual alerts from news sources, blogs, social media and alternative facts feel like missile explosions in a siege with-

out end," Stosny writes in the Washington Post.

Dr. Ellen Slawsby, an assistant clinical professor of psychology at Harvard Medical School, agrees that the nonstop exposure to the news cycle is overwhelming.

"There's so much news coming in, the brain and the body can't handle it," she says. "If you just let it all flow in like a wild ocean tide, you're going to drown."

Limit your news intake

Slawsby, also the director of chronic pain services at the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, says that in patient sessions, "the election has come up much more than I've ever seen in my 25 years in practice."

She urges her patients, who are seeing symptoms of chronic illness exacerbated by political anxieties, to

regulate how much news they consume. While many of us constantly scroll Twitter or set push notifications on our phones — with the exception of folks who work in breaking news media — that's a choice that we're making, she says.

She recommends setting aside a time to read the news; maybe 20 minutes in the morning, or 20 minutes at the end of the day, to stay informed, but not overwhelmed.

Prioritize health and self-care

Dr. Danielle Ofri, an internist at Bellevue Hospital, says that although she's a primary care physician, she ends up devoting time in her appointments to discuss her patients' anxieties about the current administration.

At Bellevue, many of her patients are immigrants, she says, who are concerned about what their future looks like



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under Trump.

"In our visits, diabetes and heart disease are pushed aside as we use our medical time to address the fear that has infiltrated their lives," Ofri, the author of "What Patients Say, What Doctors Hear," wrote in a recent article for Slate, entitled "Should Doctors Treat Trump Anxiety?"

Ofri says she encourages them to focus on taking care of their mental and physical health, despite looming uncertainty.

"Does it seem crazy to exercise when you could be deported next week? On the one hand, yes," she says. "On the other hand, if you have high blood pressure and exercise helps to keep that from spiraling out of control and having even more devastating effects ... [I tell them] to focus on that."

Develop a

relaxation response

"The key is remembering that stress is a perception of a threat, and a perception that we can't cope with it," says Slawsky. "Most things we actually

can cope with. We are very resilient as human beings."

To harness that inner resiliency, she urges her patients to engage in a daily, 20-minute "relaxation response" — anything from meditation to deep breathing to exercise. These activities decrease the body's production of stress hormones while releasing endorphins, helping us find balance and strength in our day to day.

Find your community

"Social support is key; finding individuals you can talk with about your stress," says Slawsky.



Finding ways to relax daily is essential to mental health stamina.

For many, seeking out activism efforts and connecting with groups that are organizing protests or writing letters to congressmen can help exchange a sense of hopelessness and despair for one of mutual direction and agency, says Slawsky.

Learning to re-examine negative, grandiose thought patterns is also essential for stamina. "The idea that we're never going to be happy or safe again — we can re-frame that thought: This is a very challenging time for this country, but the country has always come through," she says.



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Here are seven of our favorites that you could sign up for right now:

1 Financial Markets

Yale University
Taught by Robert Shiller, 2013 Nobel Prize winner in economic sciences, this course will discuss corporate stocks, banks and monetary policy, the theory of debt, regulation and efficient markets — to name just a few topics. Each week students will hear from business icons including David Swensen (chief investment officer at Yale University), Carl Icahn (founder and majority shareholder of Icahn Enterprises) and



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Larry Summers (secretary of the Treasury for President Bill Clinton and director of the National

Economic Council under President Barack Obama).

2 Intro to Classical Music

Yale University
Novice listeners will explore the wonders of classical music, beginning with some of the basic elements of musical composition: rhythm, melody and texture. Students will learn how classical composers used these elements in some of their most famous works, beginning in the Baroque era, and how modern artists are using them today.

3 American Government

Harvard University
Drawing on political science and current cases — such as the Iraq invasion and health-care reform — this class will explain how the U.S. government system works. By the end of the course students will be understand the foundations of the political system; America's economic, social and foreign policies; and how the presidency and Congress operate. They will also learn where public opinion, political parties, groups and the media fit in. This is a beginner class, so there's no need to have previously studied American politics.

4 Deliberations for Social Change

Harvard University
What does it mean to be a citizen? It means to participate in your society. In this course, students will first learn the best practices for engaging in thoughtful deliberation, as well as a brief history of the jury system, and then serve as a member of a virtual jury for a mock criminal case. As a final segment, students will view a live social issue unfolding in real time — the Massachusetts referendum for the "Legalization, Regulation, and Taxation of Marijuana" — and deliberate with their online peers through Google Hangout.

5 Entrepreneurship I: Developing the Opportunity

University of Pennsylvania
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they'll know how to test, validate and prototype their idea, which will set them up for the next stage: Entrepreneurship II: Launching the Start-Up.

6 Buddhism & Modern Psychology

Princeton University
This course will introduce some of the basic Buddhist claims regarding the human mind — the idea that the self doesn't exist and that much of perceived reality is in some sense unreal — and break them apart under the lens of modern psychology.

7 Artificial Intelligence

Columbia University
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IT'S TIME TO MOVE ON FROM 'REVIS ISLAND'

It is time to close Revis Island forever. It was great while it lasted.

I feel privileged to have watched one of the great cornerbacks of all-time do his work in a Jets, Bucs and Patriots uniform. There is no doubt the impact that Darrelle Revis had on the game is substantial.

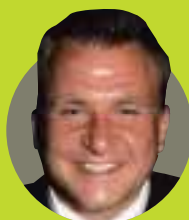
In today's era of the NFL, they have made it easier to throw the football. The inability to be physical in the secondary leaves defensive backs at a disadvantage play-in and play-out, and for Revis to be the dominant player that he was in this era further emphasizes his brilliance. Without question or debate, he is a first ballot Hall of Famer, but it's time to move on.

As rumor became fact this past Thursday and news came out that Revis was involved in an altercation in the south side of Pittsburgh and was facing criminal charges, a disastrous season on the field in 2016 leaked into a troubling start off the field in 2017. Revis turned himself into authorities on Friday as he is facing felony charges of aggravated assault, robbery, terroristic threats and

MARC MALUSIS

OPINION

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio. @marcmalusis



conspiracy stemming from the altercation last week. Revis was released on bond as we all await the next step in the legal process. From a football perspective, I don't exactly care what happened in Pittsburgh nine days ago, but still — it's time to move on.

When Revis returned to New York before the 2015 season and signed a five-year \$70 million contract, I was all for it. I loved the fact that Revis



The Jets should seriously think about parting ways with Darrelle Revis. GETTY IMAGES

was coming back to the Jets as GM Mike Maccagnan was trying to bring the organization back to relevancy. It worked for the most part in the first year, aside from brutal playoff spot loss on the line loss in Week 17 in Buffalo. In Year 2, the play of Revis and many other

Jets left a lot to be desired and so did the results as the Jets' season became a lost one early on.

There is no question that Revis did a fantastic job of maximizing his value as a player. I give him all the credit for doing that and I never fault a player for making as

much as he can because NFL careers can be so short-lived. Today's hero can be tomorrow's zero, and he treated the NFL like a business. Good for him, but now the Jets need to do the same. It is time to move on.

In 2016, Revis was no longer a shutdown cor-

nerback. He is no longer the player he once was and you can no longer pay a player for what he once was. During this past season, he talked about being overweight and injured and old at times. He did not show any leadership in the locker room when the season became lost, and that locker room screamed for leadership. He is due a \$2 million dollar roster bonus on March 10. He has a \$13 million base salary which includes a \$6 million guarantee.

Revis and the Jets have discussed the idea of moving to safety. No thanks. I can free up \$8 million of cap space by cutting Revis before March 10. I am not willing to pay Revis what he is due to play cornerback to play safety. I would not be looking to restructure his deal either. This is a business decision, clear and simple. No emotions.

Revis played the NFL like a business and the Jets must now do the same. It has nothing to do with his pending legal situation in Pittsburgh and it has everything to do with his play on the field. It is just time to move on.

Mets, Yankees spring training notebook

The latest on the hardball happenings in Florida.

Wary about Wheeler
Zack Wheeler, whose scheduled return from Tommy John surgery was significantly delayed last season due to multiple setbacks, is setting off alarm bells again. Pitching coach Dan Warthen told reporters that Wheeler was dealing with "tenderness" in his throwing elbow just three days into camp.

"We're not going to push it because we want to see this kid healthy ... so we'll have kid gloves with him," Warthen told the press on Wednesday.

The Mets' coaching staff has already taken

preventative measures to keep their starting rotation from getting hurt or fatigued this year, as pitchers have been banned from throwing during fielding drills.

So far, so good for Gleyber

Twenty-year-old Gleyber Torres is turning heads early on at Yankees camp while splitting time at shortstop and second base. Acquired from the Cubs as part of the deal that sent Aroldis Chapman to Chicago, Torres has impressed scouts as he's progressed through the Single-A system and has garnered attention from players throughout the Yankees organization.

"He can play," Didi Gregorius said succinctly when asked about Torres by the New York Post.

"He's as good a shortstop as I've ever played with," Justus Sheffield, lefty pitcher and former Single-A teammate of Torres, told the Post. "He's got range and great hands. And not having to pitch to him anymore is a help."

Unlucky Austin

The Yankees' Tyler Austin is expected to be out for up to six weeks after fouling a pitch off his left foot and suffering a small break, per the Daily News. Austin, 25, was taking reps at third base and the corner



The sky is the limit for the Yankees' Gleyber Torres. GETTY IMAGES

outfield spots in an attempt to earn a spot on the major league roster as a utility man. Chris Carter (the NL home run champion from last year

who was signed earlier this month) and Greg Bird (who missed all of 2016 with a shoulder injury but showed great promise in 2015) are

expected to be the righty/lefty platoon at first this season. Austin hit .241 with five homers and 12 RBI in 83 ABs late last year. ROBERT CRISCOLA

Isles need to get it together in a hurry

Twenty-four hours. That is all it took for the executive to publicly change course.

No, this is not about President Donald J. Trump reversing course following another nonsensical proclamation. Instead, this is about Doug Weight telling a truth:

The 2016-17 New York Islanders season will be determined by their nine-game road trip which begins Tuesday at the Joe Louis Arena against Atlantic Division-worst Detroit.

"We have to change things," Weight told reporters after the Islanders' 6-4 win over the Devils at Barclays Center Sunday night, according to the New York Post. "We don't have a good feeling, not a good vibe on the road right now. For whatever reason, I think the biggest one in my mind — because I think we're built to be a good road team — is we've been [home] a lot, and we've been great here, and it's been a crutch."

The interim coach's



The Islanders have an insane nine-game road trip ahead of them. GETTY IMAGES

words were drastically different than what they were in the bowels of the Prudential Center Saturday night, following a 3-2 loss to the Devils.

"No. No. It's not really a concern," said Weight. "There's no mental crap right now. If you have that you're not strong enough to be in it anyways."

"It's not a problem. You just have to find ways to win. Maybe I'm cutting myself off at the knees in that statement

but I don't feel like there's a problem going forward as far as we can't win on the road."

On the eve of the franchise-record road swing, the Islanders have 27-21-10 overall record. They are 20-8-6 at home, but are a league-worst 7-13-4 away from Barclays.

"We know we can play our type of hockey on the road, as well," Andrew Ladd told the Post after Sunday's win.

The available data shows that the Islanders

rank 24th in the NHL with a 2.95 goals allowed per game average. A deeper delve into the statistical information unveils a team whose goals allowed per game at home is 2.76, and 3.21 on the road.

Offensively, the Islanders' 2.98 overall goals for per game average is seventh best in the league, and their 3.29 goals for per game average at home is ranks fifth. That number drops to 2.54 on the road. DENIS GORMAN

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To learn more, please call 646-774-5703 or e-mail ADHDMRI@nyspi.columbia.edu

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The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by a research grant from the National Institute of Health.



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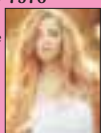
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LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
U.S. BANK NATIONAL
ASSOCIATION AS TRUSTEE
FOR BAFC 2007-8, Plaintiff
- against MARDONIO
PEGUERO; RICHARD
PEGUERO, et al Defendant(s)
Pursuant to a Judgment of
Foreclosure and Sale entered
on December 9, 2016, I, the
undersigned Referee will
sell at public auction at the
Queens County Supreme
Court House, 88-11 Sutphin
Boulevard, Court Room #
25, Jamaica, N.Y. on the
17th day of March, 2017 at
10:00 a.m. Premises All that
certain plot, piece or parcel
of land, with the buildings
and Improvements thereon
erected, situate, lying and
being in the Borough and
County of Queens, City and
State of New York. Said
premises known as 130-16
Inwood Street, Jamaica,
N.Y. 11436. Tax account
number: SBL# 12081-150.
Approximate amount of lien
\$ 948,099.66 plus interest
and costs. Premises will be
sold subject to provisions of
filed judgment and terms of
sale. Index No. 10971/2008.
Tayna Hobson-Williams, Esq.,
Referee.
Fein Such & Crane, LLP
Attorney(s) for Plaintiff
28 East Main Street
Rochester, N.Y. 14614
(585)232-7400

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LEGAL NOTICES

NOTICE IS HEREBY GIVEN
that a license, Number 1299949, for
Restaurant Wine has been applied
for by the undersigned to sell Beer
& Wine at retail in a Restaurant
under the Alcoholic Beverage
Control Law at 14-18 150th Street,
Whitestone, NY, for on-premises
consumption. Demons Japanese
Cuisine & Ramen Inc.

NOTICE IS HEREBY GIVEN
that a license, Serial # Pending, for On
Premise Liquor has been applied for
by the undersigned to sell Liquor, Wine
& Beer at retail in a Restaurant under
the Alcoholic Beverage Control Law at
138-13 Queens Blvd., Briarwood, NY 11435.
Queens County, for on premises
consumption. Cuzco Peru BBQ Chicken Inc.

NOTICE IS HEREBY GIVEN
that a license, Number TBA, for
Liquor has been applied for by
the undersigned to sell Beer, Wine
& Liquor at retail in a Restaurant
under the Alcoholic Beverage
Control Law at 330 West
Broadway, New York, NY 10013,
for on- premises consumption.
330 WB Operations LLC.

NOTICE IS HEREBY GIVEN
that a license, Number 1300344,
for Tavern Wine has been applied
for by the undersigned to sell Beer
& Wine at retail in a Coffee Store
under the Alcoholic Beverage
Control Law at 8 East 41st Street,
New York NY, for on-premises
consumption. Forground Inc.

NOTICE IS HEREBY GIVEN
that a license, Number 1299929,
for Beer & Wine has been applied
for by the undersigned to sell Beer & Wine
at retail in a Restaurant under the
Alcoholic Beverage Control Law at 758
Seneca Ave., Ridgewood, NY 11385,
for on premises consumption. While
in Kathmandu Inc.

NOTICE IS HEREBY GIVEN
that a license Number 1300423,
for Tavern Wine has been applied
for by the undersigned to sell Beer
& Wine at retail in a Bar/Tavern
under the Alcoholic Beverage
Control Law at 157-16A Northern
Blvd., Flushing, NY 11354, for
on-premises consumption. NY K-Pop Entertainment Inc.

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Across

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- 6 Three tsps.
- 10 Come unglued
- 14 Long, flat timber
- 15 Aspiration
- 16 Say for sure
- 17 Frosty
- 18 Together again
- 20 Eur. airline
- 21 Borg of tennis
- 23 Feline nine
- 24 Let slip
- 25 Sci. class
- 26 Food for tots
- 29 Treat a wound
- 33 Raise spirits
- 34 Yet to come
- 35 Med. plan
- 37 Clark and Orbison
- 38 Zones
- 39 Develop
- 40 Famous numero
- 41 Boring tool
- 42 Mail carrier's beat
- 43 Spicy candy
- 45 Executed poorly
- 46 "Gotcha!"
- 47 Heavy weights
- 48 Caused (2 wds.)
- 51 Bubbles up
- 53 Hypo units
- 56 Government foe

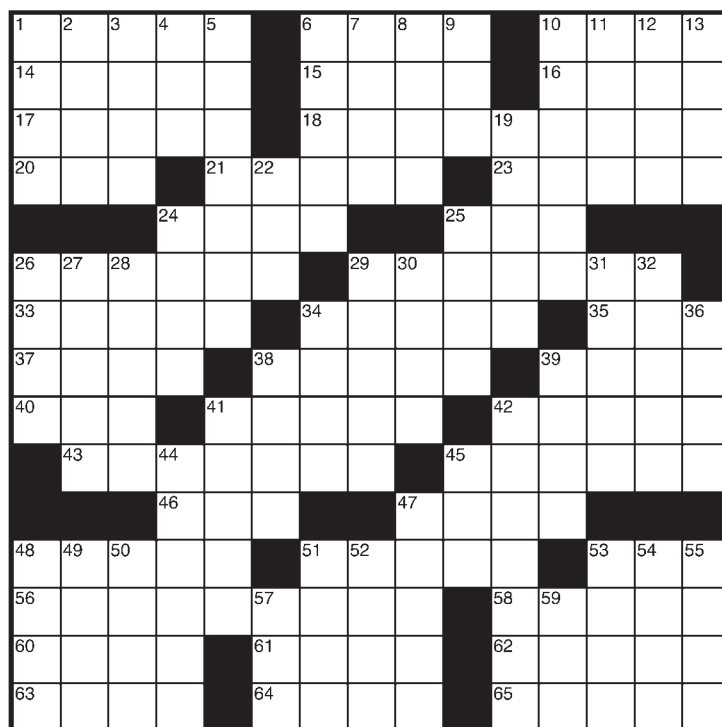
- 58 PGA star Lorena --
- 60 About 2.2 lbs.
- 61 While away
- 62 Sulu colleague
- 63 Sagan's "The Dragons of --"
- 64 Drop anchor
- 65 Kitchen gadget

Down

- 1 RN assistants
- 2 Lamb's alias
- 3 Mountain passes
- 4 Economic ind.
- 5 Like cornflowers (2 wds.)
- 6 Strong beat
- 7 Afrikaner
- 8 Made a web

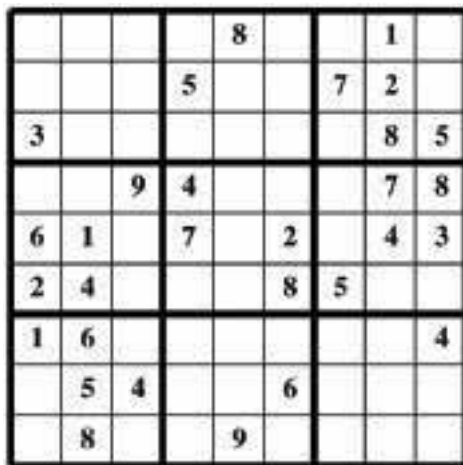
- 9 Kind of pal
- 10 Mete out
- 11 Tel --
- 12 Mr. Hackman
- 13 Joule fractions
- 19 Homer opus
- 22 Wedge in
- 24 Some triple-deckers
- 25 Lillie and Arthur
- 26 Amazon source
- 27 Beside
- 28 Marshy inlet
- 29 Twitter
- 30 Cordelia's dad
- 31 Lilac, for one
- 32 Wax theatrical
- 34 Medea sailed on her
- 36 Felt grateful
- 38 Mystique
- 39 Oodles
- 41 Committee type (2 wds.)
- 42 Expires (2 wds.)
- 44 Female prison guard
- 45 Benedictine title
- 47 Spud
- 48 Mirage image
- 49 Sooner city
- 50 Cartoon chipmunk
- 51 Mutt moniker
- 52 Peace Prize city
- 53 Buddy
- 54 Geologic sample
- 55 German industrial region
- 57 "She Done -- Wrong"
- 59 T'ai -- ch'uan

metro.us/crossword



metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries Size up your professional position and consider how to make gains. You can garner greater approval through your response to a volatile situation. Discipline will pay off.



Taurus Try giving back to society and see what happens. Getting involved in a cause that you care about will bring you closer to a solution that serves you well.



Gemini Concentrate on how you can improve your assets in order to get ahead. Don't trust anyone to take care of your responsibilities. Use your intelligence.



Cancer Short trips that offer insight into different ways of doing things will be beneficial. Partnerships will face some hardships requiring unusual solutions.



Leo Personal improvements will give you the competitive edge and confidence you need to forge ahead. Personal gratification will be yours if you work hard.



Virgo Listen to the people you encounter at community events. Be a participant and make a difference. There are causes out there that need your help and your presence.



Libra You must take what others are telling you seriously. You stand to gain by the information you receive. Don't allow your emotions to take you in the wrong direction.



Scorpio Changes you make at home will add to your comfort and encourage you to indulge in something you've wanted to pursue for some time. Your insight will be uncanny.



Sagittarius Look beyond familiarities and delve into something that makes you more aware of the changes you want to make to improve your life and personal situation.



Capricorn If you think deeply about what's happened in the past, you will discover a way to get around a sticky situation that someone is pushing you toward.



Aquarius An opportunity will develop to make money or to invest in something that will give you greater freedom to explore your skills and talents. Time to call in favors.



Pisces Helping others without overdoing it will be difficult. Make suggestions, but don't feel obliged to shirk your responsibilities to help someone else get ahead. **EUGENIA LAST**

Yesterday's answers



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